SPORTLINE®

model 304

ShrinQ
PEDOMETER

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INTRODUCTION

Congratulations on your purchase of a Sportline ShrinQ Pedometer. The ShrinQ Pedometer features the Infinity Motion Sensor, a highly advanced pedometer technology that accurately measures your body movements from multiple locations on the body and in multiple orientations.

Please keep in mind your pedometer is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop functioning.

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HOW TO USE THIS MANUAL

Sportline ShrinQ Pedometers have many unique features and functions. Please read all sections of this manual carefully and become familiar with the operation of the pedometer before using it in the field.

Proper setup and operation will greatly enhance the pedometer's usefulness and your enjoyment of the product.

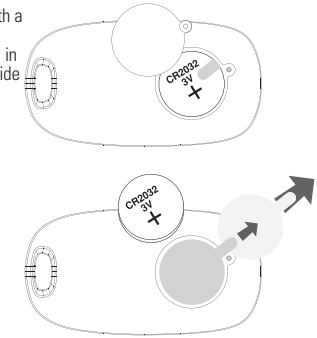
The manual is divided into sections outlining each of the major functions of the pedometer. A drawing of the screen that represents a starting point or other important point for each operational process is shown adjacent to the instructions; important keys are shown indicating **PRESS & HOLD** and **PRESS**.

The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

REMOVING THE BATTERY INSULATOR TAB

NOTE: In order to activate your pedometer after purchase, you must remove the battery insulator tab inside the battery compartment.

1. Unscrew the battery compartment door with a small Phillips screwdriver.
2. Remove the tab (be sure that the battery is in the correct polarity position – positive (+) side of the battery is visible).
3. Replace the battery compartment door and tighten the fastening screw with a Phillips screwdriver.
4. Remove the label that appears on the pedometer display.



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WARNINGS & CAUTIONS

WARNING: Before starting any exercise program or performing any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and to discuss your plans.

CAUTION ShrinQ Pedometers are not water resistant.

AVOID exposing Pedometer to extreme conditions.

AVOID rough uses or severe impacts to the Pedometer.

CLEAN the Pedometer occasionally with a soft, dry cloth.

STORE the Pedometer in a dry place when it is not in use for a long time.

PEDOMETER FUNCTIONS

TIME
- Time displayed in 1-second resolution
- 12 or 24 hour formats

PEDOMETER
- Measures Walking Steps
- Distance
- Five Second Delay Feature
- Calories Burned

TIMER
- 1-Second Resolution
- 10 Hour

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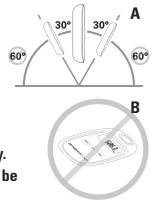
HOW TO WEAR YOUR PEDOMETER

For most accurate measurements, Sportline recommends inserting the unit into a tight, secure pocket.

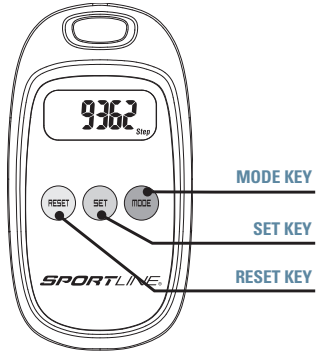
FOR MOST ACCURATE PEDOMETER READINGS:

1. Position the unit in a vertical orientation (angle of 30° or less – see illustration **A**). **IMPORTANT:** positioning the unit horizontally (display flat to the ground) will compromise accuracy – see illustration **B**.
2. Secure the unit as close to the body as possible (**DO NOT** insert into pocket of loose clothing).



NOTE: This Pedometer will be most accurate when worn close to the body. If the Pedometer is loosely contained in a pocket, the unit's accuracy may be compromised.

KEYS AND THEIR FUNCTIONS



MODE KEY

- Scroll through operating modes
- Advance to next setting in Programming Sequence

SET KEY

- **PRESS & HOLD:** Accesses Programming Sequence in Time of Day and Step modes
- Toggle between Metric and Imperial measurement in Distance and Speed modes

RESET KEY

- **PRESS & HOLD:** Clears data in Pedometer modes (Step, Distance and Calories)
- Increase values being set during a Programming Sequence

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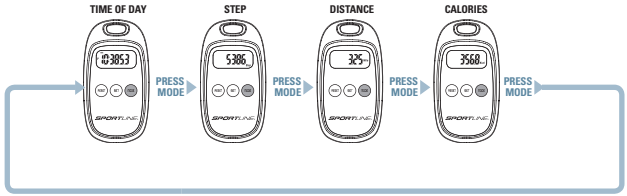
MAIN OPERATING MODES

The Sportline ShrinQ has 4 main operating modes: Time, Step, Distance and Calories.

- Scroll through main operating modes by **PRESSING** the **MODE** key.
- Toggle between Metric and Imperial measurements (Miles or Kilometers) in Distance mode by **PRESSING** the **SET** key.



SETTING THE PEDOMETER FUNCTIONS

SETTING TIME

1. **PRESS & HOLD** the **SET** key in Time Mode to access the programming sequence.
2. Adjust Hour by **PRESSING** the **RESET** key.
3. Set Hour and advance to Set Minutes by **PRESSING** the **MODE** key.
4. Adjust Minutes by **PRESSING** the **RESET** key.
5. Set Minutes and advance to Set Seconds by **PRESSING** the **MODE** key.
6. To adjust Seconds, **PRESS** the **RESET** key to reset Seconds to 00. Advance to select 12- or 24-hour format by **PRESSING** the **MODE** key.
7. Toggle between 12- or 24-hour format by **PRESSING** the **RESET** key.
8. When all settings are programmed, **PRESS** the **MODE** key to return to Time mode.

TIP: *Pressing & Holding the RESET key in any Setting Sequence will fast advance the variable being set.*

PRESS & HOLD SET
ADJUST: PRESS RESET
SET: PRESS MODE
CONTINUE THROUGH ALL FIELDS. PRESS THE MODE KEY TO RETURN TO OPERATING MODE

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SETTING THE PEDOMETER FUNCTIONS

SETTING USER DATA

The Sportline ShrinQ is equipped with an advanced Pedometer that measures Steps, Distance and Calorie Expenditure. In order to ensure exercise data is as accurate as possible, you must enter your personal profile.

1. Scroll to Step mode by **PRESSING** the **MODE** key.
2. **PRESS & HOLD** the **SET** key to enter the programming sequence.
3. Select Distance Units (Mile or KM) by **PRESSING** the **RESET** key. **PRESS** the **MODE** key to Advance to Set Weight.

   NOTE: *If Miles are selected, weight will be measured in pounds and stride length will be measured in inches. If Kilometers are selected, weight will be measured in kilograms and stride length will be measured in centimeters.*
4. Adjust Weight by **PRESSING** the **RESET** key. **PRESS** the **MODE** key to Advance to Set Stride Length.
5. Adjust Stride Length by **PRESSING** the **RESET** key. **PRESS** the **MODE** key to Advance to Set Stride Length. **PRESS** the **MODE** key to return to Step mode.

   TIP: *To more accurately set Stride: run/walk a defined distance (i.e. 100 yards/meters). Count the number of steps/strides. Divide number of steps/strides by the distance (in inches or centimeters) to get your average stride length.*

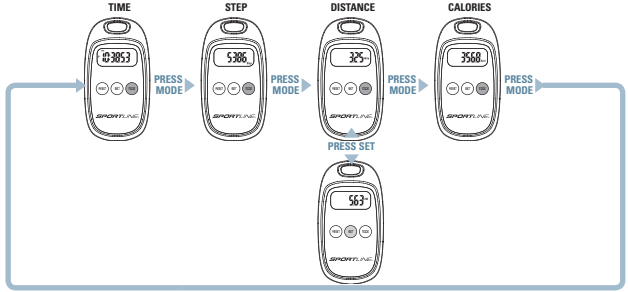
PRESS & HOLD SET
ADJUST: PRESS RESET
SET: PRESS MODE
CONTINUE THROUGH ALL FIELDS. PRESS THE MODE KEY TO RETURN TO OPERATING MODE

OPERATING THE PEDOMETER

VIEWING PEDOMETER DATA

The Sportline ShrinQ automatically tracks Pedometer data when you start walking. To view real-time pedometer data, scroll through display modes by **PRESSING** the **MODE** key. You may toggle between Miles or Kilometer distance measurement by **PRESSING** the **SET** key in Distance mode.

NOTE: Your Pedometer has a built in 5 second delay to avoid false counting. Therefore steps taken during the 5 second delay will not register until the 5 seconds have passed.



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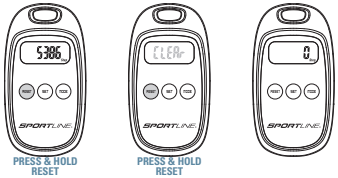
RESETTING PEDOMETER DATA

1. Reset Pedometer data by **PRESSING & HOLDING** the **RESET** key in Step, Distance (Mile or Km) or Calorie modes.



OPERATING THE PEDOMETER

TIPS FOR INCREASING YOUR DAILY STEPS

Studies have shown that walking may contribute to your health. Some tips to help you increase your daily step total:

- Walk to your office by getting off the bus earlier or park your car farther away from your office.
- Establish a walking habit every day.
- Set a goal: e.g. specific distance or time per day.

HOW THIS PEDOMETER HELPS YOU ACHIEVE YOUR GOAL

This unit includes advanced pedometer functions that not only count your walking steps, but can also calculate the distance, speed, exercise time and calorie expenditure for your walking or running. These unique pedometer features will guide you for achieving your goal.

EXAMPLE 1: Set a specific distance goal for every day: the daily record will display the distance you have achieved towards your goal.

EXAMPLE 2: Set a daily time goal: the daily record will tell you the exercise time you have achieved towards your goal.

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REPLACING THE BATTERY

The Sportline ShrinQ Pedometer uses one **CR2032** 3V lithium battery.

Battery replacement will be required from time to time, and should occur when:

1. The display fades in part or completely
2. The pedometer function will not activate

Replacing the battery:

1. Unscrew the battery compartment cover on the backside of the unit using a small Phillips screwdriver and remove the cover.
2. Remove the exhausted battery from the unit, and insert a new battery (be sure to place the positive (+) side of the battery is visible, facing toward the battery compartment cover).
3. Replace the battery compartment cover on the battery compartment and fasten the screw (**CAUTION:** do not over tighten).

CAUTION – BATTERY SAFETY INFORMATION

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries only to be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Exhausted batteries to be removed
- Do not mix old and new batteries
- Do not dispose of battery in fire; battery may explode or leak
- Do not dispose of product in fire; battery may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner

CARE & MAINTENANCE

- **NEVER** get the pedometer wet. This unit is not water resistant.
- **DO NOT** expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.
- **DO NOT** drop or step on the pedometer.
- **TO CLEAN THE UNIT:** wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and/or finish.
- **STORE** the unit in a dry place when you are not using it.

CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline ShrinQ, you may contact Customer Support by calling **1-800-338-6337.**

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RANGES & SPECIFICATIONS

PEDOMETER

- Steps Display Range: 0-999999
- Calorie Range: 0-99999

TIME

- AM, PM, hour, minute, second
- 12/24 hour format

WARRANTY

GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: **EB SPORT GROUP, 585 Oak Ridge Road, Hazleton, PA 18202**
Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

(PLEASE PRINT CLEARLY)

NAME **TEL** **STORE PURCHASED FROM**
ADDRESS **DATE OF PURCHASE**
CITY **PURCHASE PRICE**
STATE **ZIP**
PROBLEM WITH PRODUCT

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

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FOR PURCHASES MADE IN THE UK:
Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement.
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